INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
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RELEASE FOR PUBLICATION
DECEMBER 7, 1932 (WEDNESDAY) WASHINGTON, D. C.

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

THE IMPORTANCE OF THE CITRUS FRUITS

The younger generation may not know this, but there was a time when oranges came from Santa Claus; or possibly from parents or teachers as a special reward for good behavior. Who would have thought, in those days, that oranges would ever become so plentiful, and oftentimes so cheap, that they would be counted almost a necessary part of the baby's diet? Or that many families would regularly begin the day with a half or the whole of an orange for every member? Or a glass of orange juice all round?

It is true that in some parts of the country oranges are still a luxury. It is true that many, many families have to count themselves lucky nowadays if they can provide so much as an orange for the baby once in a while. But oranges and grapefruit especially are plentiful this year, and the period of lowest prices for these winter fruits is close at hand. We have stores selling nothing but

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oranges. Many other stores make bargain offers of 15 oranges to the dozen, and now, with overland trucking service, the roadside market has established itself in town as well as the country. On vacant lots, in market stalls, in nooks here and there along the city street, especially in outlying neighborhoods, boxes and baskets of fruit are set up in waiting rows, for sale by the bushel, the peck, or the quart, as well as by dozens or threes.

This is important, says the Bureau of Home Economics of the U.S.Department of Agriculture, because the citrus fruits are particularly valuable in the diet, and oranges are most valuable of all. Lemons and grapefruit are rich in two of the vitamins -- B and C, but oranges are a good source also of vitamin A. Yellow foods and green foods are usually found to be good sources of Vitamin A, and the fact that the flesh of the orange is a deeper yellow than the flesh of other citrus fruits may account for its greater content of that vitamin.

Vitamins B and C are just as necessary in the diet as vitamin A, and are in some respects harder to provide. They are soluble in water, and vitamin C especially is easily destroyed by heat, therefore may be lost in cooking -- tomatoes being a notable exception. Oranges, grapefruit and lemons, which are nearly always eaten raw, are for that reason three of the very best sources of vitamins B and C.

Vitamin A is needed for general well-being, and to build resistance to infection especially of eyes, ears, sinuses, and glands of the mouth and throat. Vitamin B is necessary to give good muscle tone in the digestive tract. If this vitamin is completely lacking in the diet the disease known as beri-beri, common among oriental people, is the usual result. Vitamin C is considered necessary for good "tooth nutrition". Bleeding gums, loose teeth, sore joints, loss of appetite with loss of weight and with fatigue are symptoms that show themselves when the diet is low or lacking in vitamin C. In extreme form, these are symptoms of scurvy, that old-time affliction of sailors on long voyages after the ship's

supply of fresh foods have given out. It was the discovery and transplantation of the lemon into Europe -- from the gardens of Omar in Arabia, it is said -- that provided sailors with a remedy for scurvy, because lemons, with their vitamin C, can be kept on shipboard for a long time.

Oranges also came from Arabia long ago, being first cultivated in Europe in the fifteenth century. The grapefruit, however, received its first recognition in the United States, where, with the orange and the lemon, it has been found ever since the early settlers came. Only in recent times,however, has the grapefruit been popular. Now, highly cultivated, it rivals the orange as a breakfast fruit, and has many different uses at other meals as well. Grapefruit is its proper name, by the way, however misleading it may seem. The great pale yellow balls grow in clusters which at a distance suggest bunches of huge grapes.

Although these fruits are valued chiefly for their juicy pulp, the rind can be used in many attractive ways. The grated rind of the orange which, by the way, is richer in vitamin A than the orange pulp, may be used for flavoring desserts, for making orange toast, orange biscuit, orange muffins. It may even be dried and put away for later use. If therefore the family purse will permit only an orange now and then for the baby, good use can be made of the part the baby can not eat.

At the Christmas season, especially, the rind of grapefruit, orange, or lemon can be effectively utilized to give a festive air to the table. Only 2 cups of sugar for sirup, with a certain amount of patience and skill, are needed to convert ten ounces of the rind of any of these three fruits into sugary strips of a delicious after-dinner confection. This recipe will be supplied on request to the Bureau of Home Economics, U.S. Department of Agriculture, Washington, D.C.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereals	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "

Tomatoes, fresh or canned, or citrus fruits	6 lbs.
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Orange Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Salt Mackerel (simmered or broiled)
Creamed Potatoes
Lettuce and Apple Salad
Tea (adults) - Milk (children)

Supper

Split Pea Soup
Orange Short Cake
Milk for all

RECIPES

Orange and Carrot Salad

2 tablespoons gelatin
$\frac{1}{2}$ cup cold water
2 cups boiling water
$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar
1 tablespoon lemon juice
2 tablespoons vinegar
1 cup orange juice and pulp
1 cup grated raw carrot

Soak the gelatin in the cold water for 5 minutes. Add to the softened gelatin the boiling water, salt, sugar, lemon juice, vinegar, orange juice and pulp, and chill. When partly jellied stir in the carrot, pour into wet individual molds, and put in a cold place to set. Turn out onto lettuce leaves and serve with mayonnaise or cream salad dressing.

Orange and Onion Salad

Peel the orange, pull the sections apart, and strip the skin from each section. Arrange the sections on lettuce, with slices of raw onion. Serve with any desired dressing.

Orange Short Cake

Make a soft biscuit dough, cut with a large biscuit cutter, and bake in a moderately hot oven until light brown. While the biscuits are hot split and butter them, put in the orange filling, and place a slice of orange on top of each.

To prepare the filling peel the oranges, and cut them into small pieces. Thicken the juice with a little cornstarch and sugar well mixed, and cook this mixture for about 3 minutes, stirring all the time. Add the pieces of oranges and a little salt.

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U. S. DEPARTMENT OF AGRICULTURE
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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

MAKING BREAD COUNT AS A FOOD EXTENDER

Keeping down the cost of the family's food means using a lot of bread -- there is no getting away from that, apparently, nor from the problem of how to make bread count for most throughout the week in terms of nutrients and variety. For most families, according to the Bureau of Home Economics of the U. S. Department of Agriculture, bread is probably the cheapest energy food. Once certain other essential kinds of food are provided, as a balance to safeguard health, bread can be used in emergencies "to fill up on" so that there may be food enough.

Tastes vary, of course, and costs likewise, in different parts of the country, but probably the cheapest bread is the one-pound loaf that is bought at the store for 5 cents -- or sometimes for less if it is a day or more old. This bread is cheap because it provides more calories for the money than almost

any other food would give, it is ready to use, without cost of fuel, or time or labor at home, except in the serving. There, however, in the serving, come the housewife's problems. How can loaf bread be served in enough different ways to prevent monotony? And to carry most food value?

Bread is one of the important food extenders. A little meat flavor, a little cheese, or egg, or fruit or vegetable can be made to go much farther when combined in some way with bread, and the bread is then made to seem like something else. And -- not forgetting food values -- these combinations can often be made into a whole meal in one dish.

The simplest combination, no doubt, and one of the best for the money, is plain milk toast. In food value, white bread provides chiefly the fuel value of its starch. There is also some protein from the wheat and some added food value if the bread is made with milk instead of with water alone. There is no better supplement to bread than milk, for it contains more of the values bread lacks than does any other single food.

French toast made of slices of bread dipped in egg and milk and browned in fat is considerably more nutritious than bread by itself, and it tastes very different, too. The egg adds proteins, minerals, and vitamins, little of which are found in the bread.

Ground beef is cheap. When broiled on slices of toasted bread, the bread takes up the juices and the flavor of the meat, and makes an appetizing dish for dinner, lunch, or supper. A cheese sandwich, toasted and served with tomato sauce is almost a whole meal in one dish, for the cheese adds some of the necessary values and the tomatoes fill out the rest. Onion soup with toast and cheese can be used in much the same way, for it, too, contains most of the necessary kinds of food.

Instead of toast in slices, little cubes or croutons may be used to make

a dish attractive. A savory stew may be served on toast or with croutons, as preferred. Eggs scrambled with croutons is another attractive way to make an egg dish go farther.

Bread crumbs, dry or buttered, soft or toasted, may be used in ways too numerous to mention. They make stuffings, of course, and puddings. They are used in baked dishes, as thickeners and to cover the top. They are used in meat loaves, meat balls, scalloped dishes, batter cakes, and fruit betty.

The nutrition specialist always points out in any discussion of bread the importance of using at least some each week that is made from whole-ground grain. A grain of wheat, rye, oats, or barley is composed largely of starch, but also contains proteins, some minerals, especially phosphorus, iron, and calcium, and some vitamins, especially A and B. The minerals and vitamins, however, are found almost entirely in the germ and the outer coats of the grain, and these parts are separated as the grain goes through the milling process. In the white flours, or any highly milled form, these very nutritious parts of the grain are usually lost. Whole wheat or graham flour, and the whole-ground grains of other kinds retain those important values.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½"
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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Breakfast
Cooked cereal - Biscuits
Tomato juice or orange juice for youngest child
Coffee (adults) - Milk (children)

Dinner
Cheese sandwich with tomato sauce
Apples Cookies
Tea (adults) Milk (children)

Supper
Bean soup - toast cubes
Lemon bread pudding
Milk for all

RECIPES

Cheese Sandwich with Tomato Sauce

2 tablespoons chopped onion
2 tablespoons melted butter or other fat
3 cups canned tomatoes
1 tablespoon flour
Salt and pepper to taste
10 slices bread
Thin slices soft American cheese

Cook the onion for a few minutes in the fat. Add the flour and blend with the onion and fat. Add the cold tomatoes, mix well, and simmer for about 15 minutes. Season with salt and pepper. Make sandwiches of the hot toast and cheese, put them on hot plates, and pour over them the hot tomato sauce.

Savory Meat on Toast

1 pound chopped lamb, beef, or pork
3 cups shredded cabbage
1 small onion, chopped
2 cups canned tomatoes
1 teaspoon salt
Pepper
2 tablespoons butter or other fat
2 tablespoons flour
Toast

Brown the chopped meat in its own fat in a skillet. Add the cabbage, onion, tomatoes, salt, and pepper, cover, and cook for 15 minutes, or until the meat is tender. Add the blended fat and flour, and stir until the mixture has thickened. Serve on slices of thin crisp toast.

Lemon Bread Pudding

3 cups milk
2-1/2 cups fine bread crumbs
1 cup sugar
1 tablespoon butter
1/4 teaspoon salt
2 eggs
One lemon, juice and grated rind

Heat the milk, soft bread crumbs, sugar, butter and salt in a double boiler. Gradually pour the mixture into the well beaten yolks of the eggs, add the lemon juice and rind. Pour into a greased baking dish and bake in a moderate oven (350° F.) about 30 minutes or until set.

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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

SUGAR IN THE LOW-COST DIET

America has a sweet tooth. We consume more sugar per person than any other nation in the world. We raise sugar cane and sugar beets, we manufacture sugar in vast quantities and we import several million tons every year.

More than at other times, no doubt, we like to eat sweets at Christmas. But most people like a sweet dessert any day, or perhaps a peppermint cream to "top off" the meal. The sugar gives a feeling of satisfaction and finish. If you reverse that order, however, and eat sugar or candy before meals, you lessen your appetite for the meal. If you use sweets regularly before or between meals, you will find yourself eating less of other needed foods -- thus gradually sacrificing energy and health for the long run.

These common experiences illustrate the uses and the abuses of sugar in the diet, says the Bureau of Home Economics of the U. S. Department of Agriculture.

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Sugar is valuable as fuel food, and for its flavor, but it is not a building food or a protective food. This is true of cane sugar and beet sugar alike. Refined sugar, from either source, is a pure carbohydrate, and contains no protein, no minerals, no vitamins. Molasses, brown sugar, and cane sirup have more food value, because they contain more of the original substances of the sugar cane than refined sugar. Sweets of any kind, however, dull the appetite for foods of greater nutritive value. Sugar should not be allowed to replace these in the diet. Therefore the nutrition specialists' advice is: never eat sweets before meals.

When sugar was a luxury food, and few people could afford to use it in quantity, cautions as to the manner of using were unnecessary. But sugar in recent years has become very cheap and we consume, in the United States, more than twice as much per person as we did 60 years ago -- 105 pounds per capita, according to the figures for 1931. The way we consume it therefore becomes an important dietary question.

The sugar ordinarily taken in coffee or tea, with cereals or in dessert, and the sugar contained in or added to fruits, is serving a useful purpose as an energy food, not overbalancing other foods. An occasional sweet after meals, or in place of dessert, increases the calories without disadvantage to the individual who is active. Overindulgence in sweets, however, may cause digestive disturbance because of the concentration of the sugar. In a restricted diet, too much sugar may cause malnutrition by crowding out essential nutritive values found in other foods. The Bureau of Home Economics includes 3 pounds of sugar in its suggested low-cost weekly market list for a family of five. For the family using that market list, additional sugar could be had only if some more valuable food was omitted.

To make the sugar quota in a low-cost diet give most satisfaction, the Bureau of Home Economics suggests that it be used almost entirely for sweetening other foods. Corn cakes and molasses, wheat cakes and brown sugar or homemade brown sugar sirup, make a good breakfast, or can be made to serve as a good part of lunch or supper. Baked apples with brown sugar make a sweet and inexpensive dessert, and sweet sauces can be used to add flavor to other cheap foods, such as boiled rice, cornstarch puddings, plain cake, fruit betty, fruit dumplings. Hard sauce, which can be made with table fats, and cooked sauces flavored with chocolate, butterscotch or caramel are among the least expensive ways of adding sweetness to desserts.

At Christmas time, however, or for sweets at any time, nut brittles, molasses taffy, butterscotch candy and candied grapefruit or orange peel are among the cheapest sweets, not forgetting, of course, the familiar sugared pop corn balls or strings. It is easy, also to coat marshmallows with nuts, and if nuts are available this is an inexpensive sweet. Parisian sweets, made of chopped dried fruits - a combination of dates, figs, dried apricots, and raisins for example - with or without nuts, are easy to make and rich in food value. The same is true of dates filled with nuts and coated with sugar, or raisins, dates or figs dipped in chocolate.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

A LOW-COST CHRISTMAS MENU

Breakfast

Half an orange
(Orange juice for youngest child)
Corn cakes - Molasses
Coffee (adults) - Milk (children)

Dinner

Roast fowl or roast fresh ham - Cranberry sauce
Hominy - Spinach or turnip greens
Steamed pudding - Brown sugar sauce
Coffee Milk for children

Supper

Cream of tomato soup
Peanut butter sandwiches
Christmas sweets
Milk for all

RECIPES

An Inexpensive Cake

2 cups brown sugar
2 cups water
4 tablespoons fat
1 box seeded raisins
1 teaspoon cinnamon
$\frac{1}{4}$ teaspoon cloves
1 teaspoon salt
1 teaspoon baking soda
3 cups flour
2 teaspoons baking powder
1 cup nut meats, cut in small pieces (not ground)

Put the brown sugar and water in a saucepan with the fat, add the raisins, cinnamon, cloves, and salt. Boil about 5 minutes and set away to cool.

Sift the remaining dry ingredients into the mixture and add the nuts sprinkled with flour. Pour into a tube pan greased and lined with greased paper. Bake in a very moderate oven for about $1\frac{1}{2}$ hours, or until a toothpick comes out dry. Cool in the pan.

Butterscotch Drops

2 cups brown sugar
$\frac{3}{4}$ cup top milk
1/8 teaspoon salt

Boil the sugar, milk and salt until the candy forms a soft ball when tried in cold water. Remove from the fire and leave undisturbed until cool. Then stir and beat with a spoon until creamy. Drop onto waxed paper with a teaspoon.

Steamed Pudding

$\frac{1}{2}$ cup finely chopped beef suet (2 to 3 ounces)
1 cup brown sugar
1 cup finely ground carrot
1 cup finely ground raw potato
1 cup raisins
1 cup sifted flour
2 teaspoons baking powder
$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon nutmeg

Mix the suet and brown sugar thoroughly. Add the carrot, potato, and raisins. Sift the dry ingredients and stir into the first mixture until well blended. Fill 6 or 7 greased custard cups about three-fourths full, cover lightly to keep the puddings dry, and steam about $1\frac{1}{2}$ hours. Or steam in one large mold for 2 hours. Serve with any desired sauce, such as hard sauce, or foamy sauce, or brown sugar sauce.

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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or cheese
A fruit or additional vegetable	
Milk for all	

LOW-COST FOODS FOR THE ELDERLY

Active people, whatever their age, need more food than inactive people. The farmer, the lumberman, the outdoor laborer of any kind, not only wants more food than the office worker wants, but needs it to supply the energy for the physical labors of the outdoor job. Such a man may need from 3,500 calories to as much as 6,000 calories per day, nutritionists say. The moderately active man needs only about 3,000 calories, the moderately active woman, about 2,400 calories.

In most lives, the passing of the years brings a gradual decrease in muscular activity. With less activity, the need for energy food begins to diminish. For people who have plenty to eat, that is a time to watch their weight, because excess quantities of energy yielding foods are stored as body fat. After middle life another factor is at work also, reducing still farther the amount of food required. All people in those years experience a slowing down of internal processes that have required more fuel in early and middle life.

For elderly people who have no more than enough to eat, and who must make every penny count, says the Bureau of Home Economics of the U.S. Department of Agriculture, it is fortunate that they can do with less food now than when they were younger. As compared with the 4,500 calories a man of active occupation may need at thirty, say the authorities, that same man may need only 1,800 calories when he is 80 years old. A woman who at 30 years needs 2,400 calories per day may need only 1,500 at 80. With the quantity of food reduced, however, it is important to make sure that none of the essential nutrients are left out.

As this works out in a weekly food budget, an elderly, inactive couple in their seventies may need something like a half to two-thirds as much food as adults in their twenties or thirties. A market list like the following would meet their actual needs:

Flour, assorted cereals	6 lbs.
or	
Bread	2 - 3 "
Flour	4 "
Milk	11- 12 quarts
Potatoes, sweetpotatoes	5 lbs.
Dried beans, peas, nuts	1/2 "
Tomatoes, citrus fruit	2 "
Leafy green and yellow vegetables	3 - 4 "
Dried fruits	1/2 "
Other vegetables, fruits	2 - 3 "
Butter, other fats (including bacon and salt pork)	1 "
Sugar, molasses	1 "
Lean meat, poultry, fish	1 "
Eggs	1 doz.

As compared with the low-cost budget for a young couple in their twenties or thirties, both very active, the elderly couple's budget, above, includes more milk and eggs, but less of everything else.

Whatever the age, a balanced diet is still needed. Elderly people require fuel, in the form of carbohydrates and fats, though not so much as younger people require. Less fat is recommended because it digests slowly, therefore fried foods, rich sauces, and pastries may not be good for them. They require protein and for easy digestion it may be wise for them to get their protein chiefly from milk, cereals, eggs, finely ground meat, or flaked fish, using less meat in other forms than they used in earlier life. Minerals and vitamins are necessary for everybody, but some of the vegetables, especially coarse greens and others with much fiber, may be hard to masticate if used raw. For the elderly person, such vegetables may be finely chopped and cooked. Some of the fruits, if eaten raw, may accentuate fermentation. They may be cooked until soft, or only the juices may be used.

One of the suggestions for elderly people is that they eat oftener than three times a day. A glass of milk, a cracker or some fruit in the early morning, if they wake then, and a light breakfast later; a cup of tea or coffee or broth about four in the afternoon, and hot milk or hot broth at bedtime - reinforcements such as these before and between meals have been found to keep up the energy through the day and to make for better sleep at night.

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LOW-COST MENU FOR ONE DAY

Breakfast

Cooked cereal
Toast - Sirup
Tea or coffee

Dinner

Broiled ground beef on toast
Stewed tomatoes and macaroni or noodles
Cookies or coffee cake
Milk (hot or cold) or cocoa

Afternoon lunch

Crackers and milk or cocoa

Supper

Oatmeal and potato soup
Stewed apples
Cinnamon Toast and tea

RECIPES

Ground Beef Broiled on Toast

1 pound ground raw beef
8 slices bread
Butter
Salt and pepper to taste

Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.

Apricot Tapioca

$\frac{1}{2}$ pound dried apricots
3 cups water
3 tablespoons quick-cooking tapioca
$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar

Wash the apricots and soak them overnight in the water. In the morning cook the apricots until tender and drain. If necessary, add water to the juice to make 2 cups, stir in the tapioca and salt, and cook in a double boiler for 15 minutes, or until the tapioca is clear. Force the apricots through a sieve and add the pulp and the sugar to the tapioca. Chill and serve with top milk.

Oatmeal and Potato Soup

9 cups water
2 cups rolled oats
5 potatoes, diced
2 onions, chopped
2 tablespoons fat
1 cup tomatoes
$3\frac{1}{2}$ teaspoons salt
1/8 teaspoon pepper

Heat the water to boiling and sprinkle the oatmeal slowly into the water and boil for 5 minutes. Add the diced potatoes and cook in a double-boiler for about 1 hour. Brown the onions in the fat and add with the salt, pepper, and tomatoes to the soup. Cook about 10 minutes and serve.

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